

## Revive Your Workout Challenge

Name: \_\_\_\_\_

Department: \_\_\_\_\_

\*Enter activity for each day below.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Point Totals
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							

**Total Points=**

**Key:**

**New/Revived Activity= 3 Points**

**Invited Buddy=1**